

Two Week Emergency Food Supply Shopping List



Baking and Breakfast

- Cereal (Preferably whole grain)
- Granola
- Honey
- Jam or Jelly
- Milk, Powdered or Evaporated
- Oatmeal, Instant, or Old-Fashioned Rolled Oats
- Pancake & Waffle Mix (Preferably whole grain)
- Peanut Butter
- Sucanat or Brown Sugar

Protein (Canned)

- Beans
- Cheese Spread (Non-Perishable)
- Chicken
- Chili or Stew
- Ham
- Hash
- Kippers or Sardines
- Tuna

Fruits and Vegetables (Canned, Bottled, or Packaged)

- Applesauce
- Corn
- Green Beans
- Mandarin Oranges
- Mixed Fruit
- Peaches
- Pears
- Peas
- Pineapple Chunks
- Tomato Sauce
- Tomatoes, Diced

Condiments and Cooking Fats

- Apple Cider Vinegar
- Ghee or Tallow
- Olive Oil
- Pickles
- Salsa
- Soy Sauce

Dry Goods

- Angel Hair Pasta
- Bulgar Wheat
- Chia Seeds
- Chocolate
- Couscous
- Dried Fruits, Nuts, and Seeds (Peanuts, etc.)
- Graham Crackers
- Mac and Cheese
- Mashed Potatoes, Instant
- Popcorn (Whole kernel)
- Rice, Instant
- Saltine Crackers
- Tortilla Chips
- Whole Grain Crackers
- Whole Grain Snack Bars or Cookies (Fig, etc.)

Soup (Canned)

- Chicken Noodle or Chicken and Rice
- Other varieties including Chicken Broth or Stock

Beverages

- Coffee, Instant
- Energy or Electrolyte Drinks
- Juice, Bottled or Boxed
- Teas, Assorted
- Water, Bottled (At least 1 gallon/person/day)

Supplies

- Aluminum Foil
- Cast-iron Trivet with Tea Candles
- Chaffing Dish with Sterno Cans
- Charcoal Briquettes or Propane Canister
- Fondue Pot with Candles or Cans
- Generator
- Ice Packs
- Insulated Cooler
- Insulated Drink Container
- Magnetic Refrigerator Temperature Monitor
- Manual Can Opener
- Matches or Lighter
- Non-Electric Coffee Percolator
- Paper Plates and Plastic Cutlery
- Small Saucepan with Lid or Skillet
- Stove Top Tea Pot
- Sun Oven

More Resources

- To learn how to use this shopping list, [watch the Emergency Food Supply video and blog post](#)

Emergency Food Supply Weekly Meal Plan



Day	Breakfast	Lunch/Dinner	Snacks
1	<ul style="list-style-type: none"> • Dry boxed cereal with milk (reconstituted powdered or diluted evaporated) 	<ul style="list-style-type: none"> • Sliced canned ham • Whole grain crackers • Canned pineapple 	<ul style="list-style-type: none"> • Whole grain cookie, or • Fig bar
2	<ul style="list-style-type: none"> • Granola with dried fruits and nuts with milk (reconstituted powdered or diluted evaporated) 	<ul style="list-style-type: none"> • Canned chili • Whole Grain Crackers • Canned pineapple 	<ul style="list-style-type: none"> • Whole grain crackers with cheese spread (non-perishable)
3	<ul style="list-style-type: none"> • Soaked or Instant Oatmeal with dried fruits and nuts 	<ul style="list-style-type: none"> • Easy Skillet Angel Hair Pasta • Canned green beans • Canned mixed fruit 	<ul style="list-style-type: none"> • Whole kernel popcorn popped in tallow or ghee
4	<ul style="list-style-type: none"> • Canned pears or other fruit • Peanut butter and jam on whole grain crackers 	<ul style="list-style-type: none"> • Canned tuna or other canned fish mixed with olive oil and vinegar • Pickles • Whole grain crackers • Canned mandarin oranges 	<ul style="list-style-type: none"> • Whole grain graham crackers
5	<ul style="list-style-type: none"> • Skillet biscuits made with whole grain pancake mix topped with sliced canned ham and drizzled with honey 	<ul style="list-style-type: none"> • Canned soup • Saltine crackers • Canned peaches or other fruit 	<ul style="list-style-type: none"> • Crackers spread with peanut butter
6	<ul style="list-style-type: none"> • Whole grain pancakes with honey or jam 	<ul style="list-style-type: none"> • Boxed mac and cheese • Canned peas • Applesauce 	<ul style="list-style-type: none"> • Protein bar, or • Fruit and nut snack bar
7	<ul style="list-style-type: none"> • Canned fruit topped with nuts and seeds and drizzled with honey 	<ul style="list-style-type: none"> • Chicken tortilla soup • Tortilla chips • Salsa • Dark chocolate treat 	<ul style="list-style-type: none"> • Dry roasted peanuts

Beverages

- Juice (bottled or boxed)
- Water (bottled)
- Energy drinks (bottled)
- Electrolyte drinks (bottled)
- Tea bags (caffinated, decaffinated, herbal)
- Coffee (Instant)

Basics to Have on Hand

- Salt and pepper
- Assorted dried herbs and spices
- Flavored extracts
- (Check the accompanying *Two Week Emergency Food Supply Shopping List* for more items)

More Resources

- To learn how to use this menu plan, [watch the Emergency Food Supply video and blog post](#)
- [Learn How to Stock Your Prepper Pantry](#)
- [Download Your free 36-Page Traditional Foods Pantry List](#)